

October

English

COVID-19 vaccination guide

View the guide **in
other languages**

Here



Contents of the guide

- 1 Before your vaccination
- 2 The day of your vaccination appointment
- 3 After your vaccination
- 4 Finally...
- 5 Further information



This document incorporates sections with links.

Each section in the table of contents redirects the reader to the relevant section within the document where you will also find questions with the respective answers.

Introduction

The goal of vaccination against COVID-19 is to reach herd immunity in order to end the pandemic.

We at the Catalan Ministry of Health have teamed up with the Catalan Health Service to prepare this guide to provide you with information about the vaccine rollout.

Will you join us?





1 Before your vaccination

1.1 Vaccines

- Which vaccine will I be given?
- Special clinical conditions

1.2 Your vaccination appointment

- How will I know when it's my turn for the vaccine?
- How can I book an appointment?

Specific information about the vaccination process is available at the [following link](#)

1.1 Vaccines

At present, vaccines are **the best tool available in order to combat COVID-19**.

It is important to reach herd immunity in order to cut transmissions, hospitalisations and deaths, and to tackle the new variants of the virus.

Thanks to a huge research effort, we benefit from several vaccines **that have been approved by the European Medicines Agency (EMA)**. Each one of them is suitable in specific cases and can be administered as one- or two-dose shots.

In the future, new vaccines are expected to be available.

All the vaccines are **free of charge for all residents of Catalonia**. This includes citizens without a residence permit, persons who are undocumented or those who are not in possession of the individual healthcare card.





/ Which vaccine will I be given?

This will depend on many factors, such as the availability of the various types of vaccine and which ones are suitable based on your age group or your particular health condition.



The vaccination priority list has been drawn up by a working panel incorporating experts from the public authorities and **scientific and bioethical associations, among others**.

Catalonia has played an active role in this decision-making process.

The above prioritisation has been determined on the basis of the following criteria:

- / **The risk of developing severe complications and death from COVID-19.**
- / **The risk of exposure to the virus.**
- / **The impact on society and the economy of the job that the individuals perform.**
- / **The risk of transmission of the illness.**

It is vital to bear in mind that **the availability of doses is gradual**, it has been arranged by the European Union and certain vaccines require specific storage and handling conditions that affect logistics, distribution and administration.



/ Special clinical conditions

Certain health conditions, such as allergies, risk factors or pregnancy, need to be taken into consideration when it comes to vaccination.

Most medication has no effect on the administration of the vaccine unless a healthcare professional specifies otherwise.

In any event, COVID-19 vaccines have been shown to be **safe and effective** for most patients with pre-existing conditions and also for the population at large.

It should be borne in mind, however, **that children under the age of 16 cannot currently have the vaccine** and that clinical trials are presently ongoing before approval can be given to vaccines for children and teenagers.

1.2 Your vaccination appointment

/ How will I know when it's my turn for the vaccine?

Vaccines are now fully available in Catalonia so that you can get vaccinated.

You should check that your contact details are up to date at [La Meva Salut](#), as you may be sent an **SMS from /Salut**.

This tool is highly important because you can also use it to download the COVID-19 vaccine report and the EU Digital COVID Certificate.

If you have not yet registered, you can do so at lamevasalut.gencat.cat/alta.

/ How can I book an appointment?

If you wish to receive the vaccine, **it is vital for you to book your appointment beforehand on the vacunacovidsalut.cat** website where you can reserve a date, time and site to receive your vaccine. You can also change your vaccination appointment if necessary.

If you are administered a vaccine requiring two doses, we will contact you to arrange your second appointment (which will depend on the established dose interval period for your particular vaccine).

You can also get vaccinated at a [walk-in vaccination site](#).

2 The day of your vaccination appointment

- 2.1 Arriving at the site
- 2.2 Recommended clothing
- 2.3 Protection measures
- 2.4 Receiving your vaccine

- Your injection
- Following your injection
- Your second dose

2.1 Arriving at the site

You should go to the vaccination site specified in your appointment and make sure you have your **personal healthcare card (TSI), your national ID, your foreign ID or passport with you. You will also need to bring your appointment confirmation slip; if you go to a walk-in vaccination site, you will not need to do so.**

It is preferable for you to arrive alone unless you are likely to need help from another person.

2.2 Recommended clothing

You are advised to wear short-sleeved clothing, **which can be raised up to your shoulder**, or even sleeveless clothing.

If you wish, you may wear a jersey on top as long as it can be quickly and comfortably removed.

2.3 Protection measures

For your peace of mind, we will ensure that COVID-19 protection measures **are complied with throughout the vaccination centre:**

- / Use of open or suitably ventilated areas.
- / Adherence to safe distances.
- / Sanitizer gel dispensers.
- / Use of a well-fitted facemask in good condition.
- / Entry and departure controls.

2.4 Receiving your vaccine

/ Your injection



When you reach the vaccination point you will be greeted by a **healthcare professional who has been given specific training** on both the vaccine you will be administered and the health and hygiene guidelines that need to be followed.

The injection will take just **a few seconds, and the dose and needle are tiny**; however, if you have needle phobia you can seek help from the professionals who are on hand.

/ Following your injection

After receiving your vaccine, **you will need to wait for 15 minutes** at the centre in order to make sure that you do not exhibit any immediate adverse reactions.

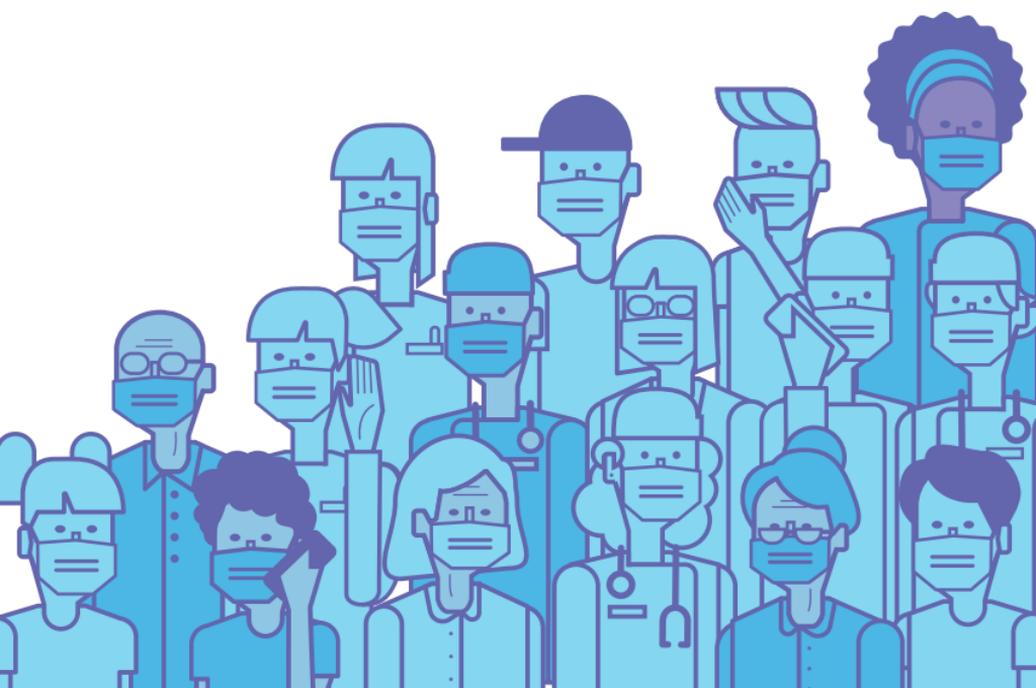
People who have a history of severe allergic reactions (anaphylaxis) will be monitored for a period of **30 minutes** after their vaccination. Information and emergency **staff will be on hand at the vaccination site** in order to escort you throughout the process.

Please do not hesitate to ask them for assistance when you need it.

/ Your second dose

Not everyone will need two doses. Depending on your risk profile, your age, if you have or have not passed COVID-19 or the vaccine you are given, **you may be called to receive a second dose**.

We will contact you to arrange this second appointment, which is essential in order to complete your vaccination process.



3 After your vaccination

3.1 Side effects

3.2 How does immunity work?

3.3 Herd immunity

3.4 Duration of immunity and virus variants

3.5 Once I am fully vaccinated: do I still need to follow the measures?

3.6 Proof of vaccination

Congratulations! You have now been given one or two doses of the vaccine.

You still need to be patient, however. **You are not immune straight away** and, as is the case with all vaccines, you may experience certain adverse effects.

The vast majority of these are mild and not everyone gets them.

Please read the section below carefully in order to find out more and to be **aware of when you should contact your healthcare professional** or your primary care centre, or call 061.

3.1 Side effects

The most common side effects are the following:



Discomfort in the arm where you had your injection



Feeling tired



Headache and/or muscle pain



Fever or mild flu like symptoms

If they occur, these adverse effects are most commonly felt after the second dose, tend to be mostly mild and **do not persist for more than one or two days**.

In any event, everyone's reaction is different. If necessary, and when advised by healthcare professionals, **painkillers** such as paracetamol can be taken to help make you feel better.

If the symptoms **persist for more than three days** you should tell your healthcare professional or call 061.

Adverse effects you should report:

As soon **as possible, you should contact your healthcare professional, your primary care centre or call 061** if you are exhibiting any of the following symptoms.



Difficulty breathing



Persistent headache



Pain or swelling in an arm or leg



Chest pain



Blurry or double vision



Multiple small bruises



Red or purple-coloured spots on your skin



3.2 How does immunity work?

Individual immunity

Herd immunity is considered to have been achieved when the vast majority of the population has been vaccinated or has antibodies following naturally acquired infection.

It is still possible to become infected with COVID-19 after your vaccination, but you are far more likely to experience a mild or very mild infection. If you experience COVID-19-like symptoms after your vaccination, you must self-isolate and should contact your healthcare professional.



3.3 Herd immunity

Herd immunity is considered to have been achieved **when at least 70% of the population** has been vaccinated or has antibodies following naturally acquired infection.

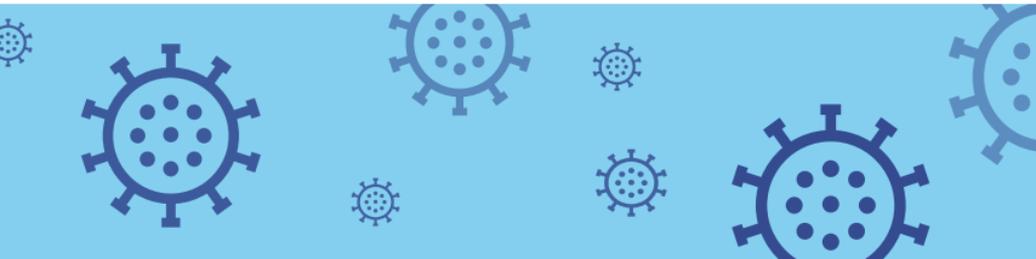
It is not yet possible to predict when this figure will be reached and, in any event, restrictions will only be eased once the relevant authorities have assessed the risks and determined them to be minimal.



3.4 Duration of immunity and virus variants

Scientists are currently working to find out more about how long immunity lasts from both vaccination and naturally acquired infection. Only a very small number of instances of reinfection with COVID-19 have been confirmed.

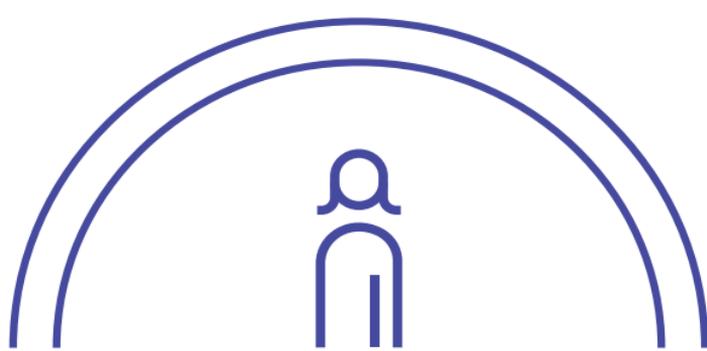
So far, **the currently available vaccines also provide protection against the virus variants that have been identified** in the country.



3.5 Once I am fully vaccinated: do I still need to follow the measures?

Until we have almost all population fully vaccinated, it is compulsory to **continue to follow the prevention measures** established by the authorities in addition to the **individual protection measures** (safe distances, hand hygiene, use of face coverings in good condition, ventilation of enclosed spaces, avoidance of crowds and emphasis on activities being outdoors).

Adherence to these measures helps to slow the spread of the virus.



3.6 Proof of vaccination

Your vaccination will be logged on your health record, which is shared across the entire health system and can be accessed by you with your [La Meva Salut](#) personal healthcare tool.

The section “Reports and outcomes” will incorporate a PDF file showing all the vaccines you have received during your lifetime, **including proof of vaccination for COVID-19**.

If you have still not registered on the online La Meva Salut tool you can do so at lamevasalut.gencat.cat/alta.

Make sure that your contact **details are up to date**, including your mobile telephone number and email address, for future health system notifications.





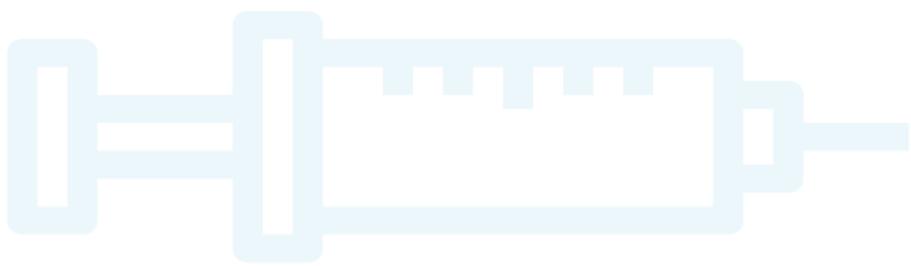
4 Finally...

Vaccines **are not compulsory**; however, they are a vital tool to protect yourself and in order to achieve herd immunity.

International regulatory bodies, such as the European Medicines Agency, have approved these vaccines for use on account of the **safety and efficacy they offer**.

By getting vaccinated you are **protecting yourself and society as a whole**.

In addition, you are helping to prevent the emergence of new virus variants because the virus evolves much more quickly when the population is unprotected.



5 Further information

If you wish to be vaccinated:

Update your **personal and contact details** at [La Meva Salut](#) so that we can contact you if necessary and so you can be called to come forward for a vaccination appointment. If you have still not registered, you can do so at lamevasalut.gencat.cat/alta.

/ You can find up-to-date information at the following links:

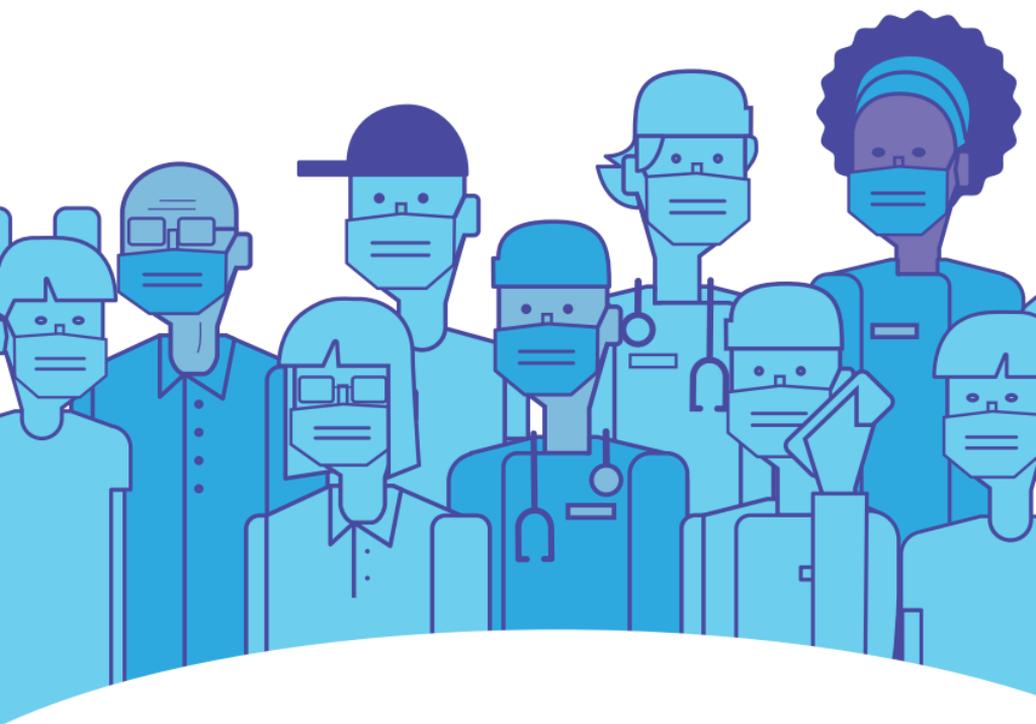
- [Vaccination rollout website](#)
- [Canal Salut website](#)

If you only want information on the vaccination process, the document can be opened [at this link](#)

If you have **any other query**, please get in touch by calling **061**.

Follow us on social media and **share your vaccination experience** using the

#JoEmVacuno #Avancem



/Salut



Generalitat
de Catalunya